



# Healthy & Tasty

## R E C I P E S





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# Hash Brown Patties with Ham and Chunky Vegetable Topping

(From *The Heart-Smart Diabetes Kitchen*, p. 31)

This hot and hearty fare will bring comfort with every bite.

**Serves 4:** Serving size 1 hash brown

## Ingredients:

### Hash browns

- 2 medium baking potatoes (12 ounces total), shredded, rinsed and patted dry with paper towels
- 1/4 cup finely chopped onion
- 2 large egg whites
- 1/8 teaspoon salt
- 2 tablespoons canola oil

### Topping

- Canola oil cooking spray
- 1 1/4 cups (6 ounces) diced lean ham
- 1/2 of 8-ounce package whole mushrooms, quartered
- 1/2 of a medium green bell pepper, thinly sliced and cut into 2-inch pieces
- 1 large shallot, finely chopped
- 1/2 of medium green bell pepper, thinly sliced, cut into 2-inch-long pieces
- 1/4 cup chopped parsley

## Directions:

1. Combine potatoes with onions, egg whites, and salt in a medium bowl.
2. Heat canola oil in a large skillet over medium-high heat until hot and spoon potato mixture into four mounds in the skillet. Press down lightly on mounds with back of a spatula to level, making patties about 4 inches in diameter. Cook, uncovered, 7 minutes or until bottom is crisp. Gently turn and cook 6-7 minutes or until golden.
3. Meanwhile, place a medium skillet over medium-high heat until hot and coat with cooking spray. Add ham, cook, and set aside. Re-coat same skillet with cooking spray and add mushrooms, shallot, and bell pepper. Coat vegetables with cooking spray and cook 3 minutes or until they just begin to richly brown on edges. Add ham, cover, and set aside.
4. When potatoes are cooked, place on individual plates and spoon equal amounts of mushroom mixture on top of each. Sprinkle with parsley and pepper.

**Fresh tip:** Shred the potatoes first, then rinse and pat them dry before adding the other ingredients, allowing the egg white mixture to adhere to the potatoes. Lightly coating the other vegetables with canola oil cooking spray keeps them moist and browns them evenly.

## Exchanges:

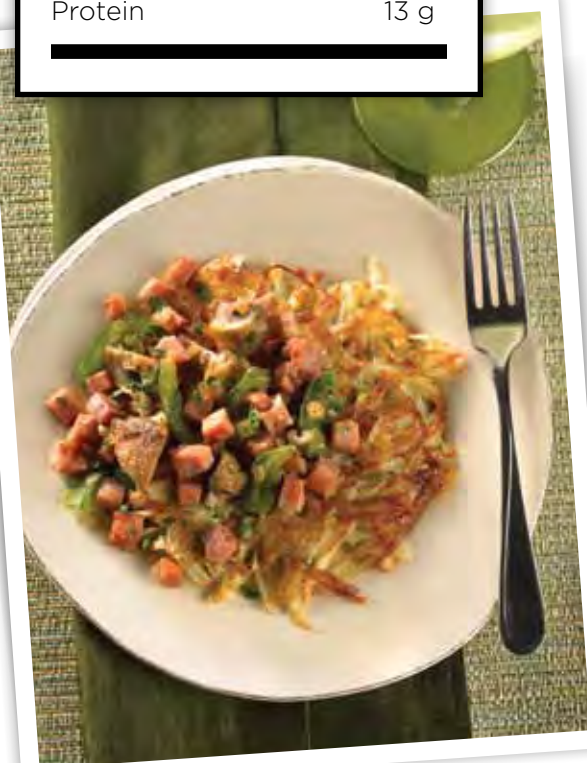
- 1 1/2 starch
- 1 lean meat
- 1 vegetable
- 1 fat

## Nutrition Facts:

Serving size 1 hash brown

### Amount Per Serving

Calories	225
Calories from Fat	70
Total Fat	8 g
Saturated Fat	0.8 g
Trans Fat	0 g
Cholesterol	20 mg
Sodium	565 mg
Total Carbohydrate	25 g
Dietary Fiber	3 g
Sugars	3 g
Protein	13 g



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# Skillet French Toast with Blueberries and Creamy Apricot Sauce

(From *The Heart-Smart Diabetes Kitchen*, p. 24)

The secret ingredient in this citrusy French toast is the orange zest. Also, the blueberries contrast beautifully with the peach hues of the toast and sauce.

**Serves 4:** Serving size 2 slices

## Ingredients:

- Canola oil cooking spray

## Toast

- 2 tablespoons canola oil, divided
- 1 1/4 cups egg substitute
- 1/4 cup fat-free milk
- 1 teaspoon orange zest
- 1 teaspoon vanilla extract
- 1/2 of 16-ounce loaf whole-grain Italian bread, cut diagonally into 8 slices, divided

## Sauce

- 1 container (6 ounces) fat-free or low-fat vanilla yogurt
- 3 tablespoons apricot fruit spread
- 1 teaspoon orange zest
- 1 cup fresh (or thawed frozen) blueberries

## Directions:

1. Place a large nonstick skillet over medium heat until hot. Coat skillet with cooking spray, add 1 tablespoon canola oil, and tilt skillet to lightly coat bottom.
2. Pour egg substitute, milk, zest, and vanilla into a 13 x 9-inch baking pan. Add four bread slices and turn several times to coat evenly. Place these bread slices in the skillet; cook 3 minutes on each side or until golden. Set aside on separate plate and cover to keep warm. Repeat with remaining bread slices and canola oil.
3. Combine yogurt, fruit spread, and zest in a blender. Secure with lid and puree until well blended.
4. To serve, place two slices of French toast on each of four dinner plates, spoon equal amounts of yogurt mixture on each slice, and top with blueberries.

**Flavorful tip:** Working in two batches keeps the bread from getting crowded, so it can brown properly and create a slight crust.

## Exchanges:

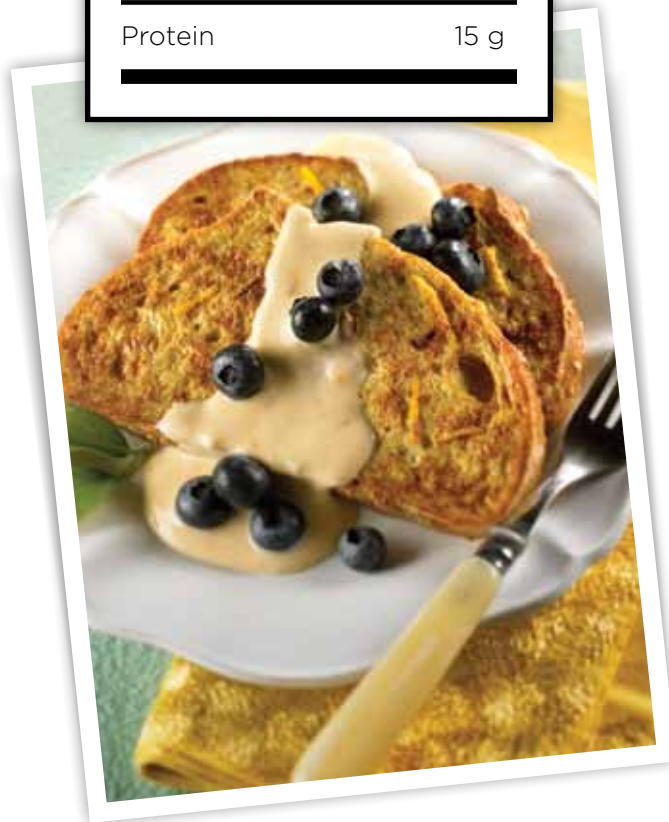
- 2 starch
- 1 lean meat
- 1 fruit
- 1 fat

## Nutrition Facts:

Serving size 2 slices

## Amount Per Serving

Calories	330
Calories from Fat	80
Total Fat	9 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	505 mg
Total Carbohydrate	46 g
Dietary Fiber	3 g
Sugars	15 g
Protein	15 g



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# Omelet with Cheddar and Low-fat Ham

(From *The Diabetic Chef's Year-Round Cookbook*, p. 40)

**Serves 1:** Serving size 1 omelet

## Ingredients:

- Cooking spray
- 1/2 cup egg substitute
- 1 Tbsp chopped low-fat ham
- 2 tsp grated cheddar

## Directions:

**1.** Preheat a nonstick pan to medium heat. Remove pan and quickly coat with cooking spray for 1 second. Place back on the heat; pour egg substitute into pan. Allow egg mixture to cook until almost done; add ham and press down, then flip and cook for 15 seconds.

**2.** Flip egg again, add cheese, and slide finished omelet onto a plate to serve.

**Tips for the Kitchen:** Add some more flavor to this tasty omelet with one or more of these optional additions: mushrooms, onions, peppers, tomatoes, fresh spinach, and herbs (chives, thyme, basil, oregano, or dill).

## Exchanges:

- 2 Lean Meat

## Nutrition Facts:

Serving size 1 omelet

### Amount Per Serving

Calories 85

Calories from Fat 15

Total Fat 1.5 g

Saturated Fat 1 g

Trans Fat 0 g

Cholesterol 10 mg

Sodium 325 mg

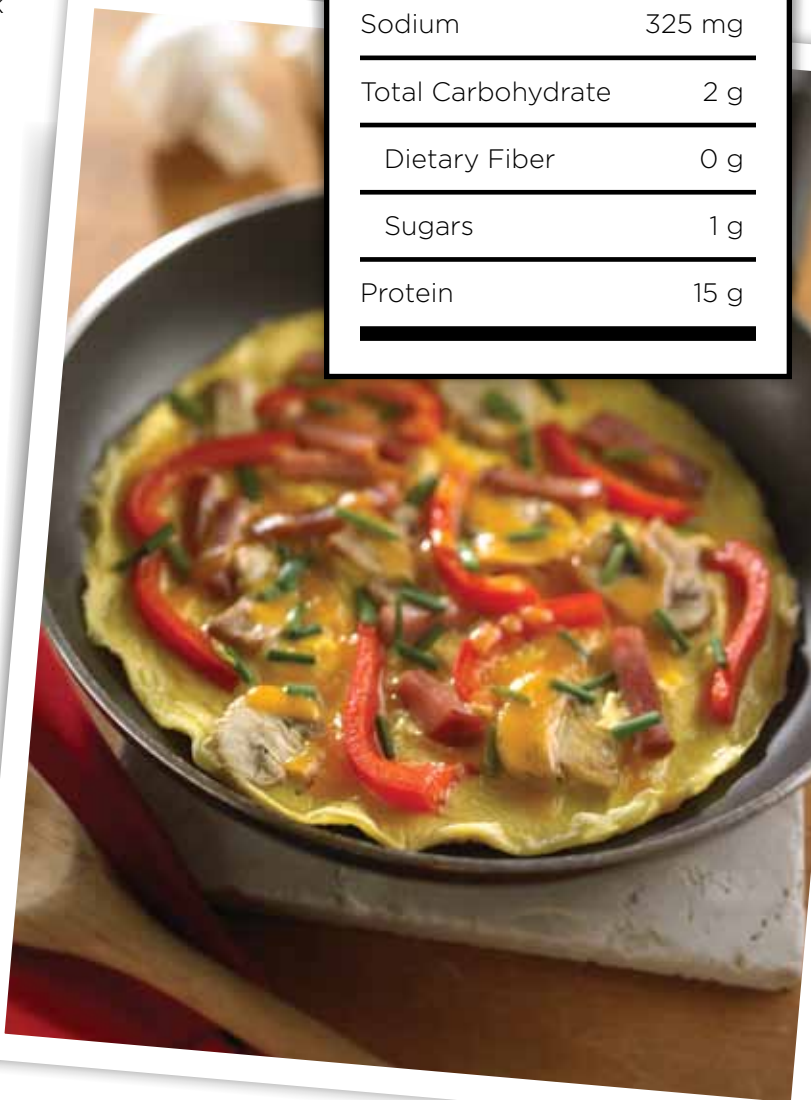
Total Carbohydrate 2 g

Dietary Fiber 0 g

Sugars 1 g

Protein 15 g

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# Roasted Beet, Roasted Carrot Salad

(From *The Heart-Smart Diabetes Kitchen*, p. 98)

You can't just "beet" the pretty colors in this nutrient-dense salad.

**Serves 4:** Serving size 1 1/2 cups

## Ingredients:

- Canola oil cooking spray

## Salad

- 2 medium beets (about 8 ounces total), peeled, cut in eight wedges each
- 1 medium carrot, (about 3 ounces) peeled, cut in half lengthwise, and cut into 2-inch pieces
- 1 medium parsnip, (about 3 ounces) peeled, quartered lengthwise, and cut into 2-inch pieces
- 1 teaspoon canola oil
- 4 cups (about 4 ounces) packed spring greens
- 1/2 cup thinly sliced red onion
- 1/4 cup golden raisins (optional)
- 1/4 cup (1 ounce) pecan pieces, toasted

## Vinaigrette

- 3 tablespoons balsamic vinegar
- 1 tablespoon plus 2 teaspoons canola oil
- 1/8 teaspoon dried pepper flakes
- 1 medium garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper

## Directions:

1. Preheat oven to 425 degrees F.
2. Coat a foil-lined baking sheet with canola cooking spray. Place the beets, carrots, and parsnips on the baking sheet, drizzle evenly with 1 teaspoon of the oil and toss gently, yet thoroughly to coat lightly. Arrange the vegetables in a single layer and bake 10 minutes, stir and bake 7 minutes or until beets are just tender when pierced with a fork. Remove from heat and let stand to cool slightly, about 10 minutes.
3. Combine the dressing ingredients in a small jar, secure with lid and shake well to blend thoroughly.
4. Arrange equal amounts of the salad greens on each of four salad plates. In the following order, top with equal amounts of the onion, roasted vegetables, raisins and pecans. Spoon dressing evenly over all. Serve immediately for peak flavors.

**Fresh tip:** To avoid stains when peeling beets, peel them under running water. This rinses the juice away before it has time to come in contact with your fingers.

## Exchanges:

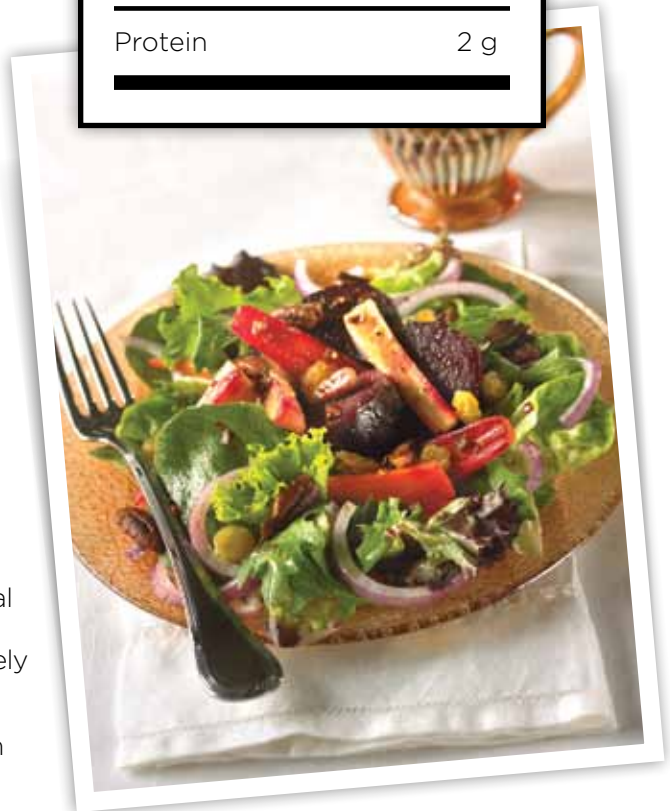
- 1/2 starch
- 1 vegetable
- 2 fat

## Nutrition Facts:

Serving size 1 1/2 cups

### Amount Per Serving

Calories	165
Calories from Fat	110
Total Fat	12 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	185 mg
Total Carbohydrate	14 g
Dietary Fiber	3 g
Sugars	6 g
Protein	2 g



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# BLT with Rosemary Aioli

(From *15-Minute Diabetic Meals*, p. 37)

**Serves 4:** Serving size 1 sandwich

## Ingredients:

- 8 slices center-cut reduced-sodium turkey bacon
- 8 low-calorie high-fiber multigrain or whole-wheat sandwich bread slices
- 1/4 cup reduced-fat mayonnaise
- 3/4 teaspoon chopped fresh rosemary, or 1/4 teaspoon dried rosemary, crumbled
- 1 medium garlic clove, minced
- 1/2 cup thinly sliced red onion
- 4 cups loosely packed spring greens
- 8 (about 8 ounces total) tomato slices

## Directions:

1. Place a large nonstick skillet over medium-high heat until hot, add the bacon until crisp and remove. Blot with paper towels and break each slice in half.
2. Meanwhile, lightly toast the bread slices and set aside. Combine the mayonnaise, rosemary, and garlic in a small bowl.
3. To assemble, spread equal amounts of the mayonnaise mixture (1 tablespoon) on each of four bread slices, top with equal amounts of onion, greens, tomato, and bacon slices. Top with remaining bread slices.

## Exchanges:

- 1 Starch
- 1 Vegetable
- 1 High-Fat Meat

## Nutrition Facts:

Serving size 1 sandwich

Amount Per Serving

Calories	230
Calories from Fat	90
Total Fat	10 g
Saturated Fat	2.3 g
Trans Fat	0 g
Cholesterol	20 mg
Sodium	675 mg
Total Carbohydrate	25 g
Dietary Fiber	10 g
Sugars	5 g
Protein	10 g



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# Create Your Plate!

Trying to figure out how you're supposed to eat now that you have diabetes? A good place to begin is the "Plate Method." You don't need any special tools and don't need to do any counting. You just need to focus on filling your plate with more non-starchy vegetables and less starchy foods and meats. It's simple and it works.

- 1 Imagine drawing a line down the middle of your dinner plate. Then on one side, cut it again so you will have 3 sections on your plate like the picture on your right.
- 2 Fill the largest section with non-starchy vegetables like salad, green beans, broccoli, cauliflower, cabbage, carrots, and tomatoes.
- 3 Now in one of the smaller sections, put starchy foods such as noodles, rice, corn, or potatoes.
- 4 The other small section is for meat, fish, chicken, eggs, or tofu.
- 5 Add an 8 oz glass of milk and one small piece of fruit or 1/2 cup of fruit salad and you've got a great meal. (If you don't drink milk, you can add an extra piece of fruit, light yogurt, or a small roll.)

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## Grains and Starchy Vegetables

- whole grain breads, such as whole wheat or rye
- whole grain, high-fiber cereal
- cooked cereal such as oatmeal, grits, hominy, or cream of wheat
- rice, pasta, barley, tortillas
- cooked beans and peas, such as pinto beans or black-eyed peas
- potatoes, green peas, corn, lima beans, sweet potatoes, winter squash
- low-fat crackers and snack chips, pretzels, and fat-free popcorn



Once you have changed how much you are eating, you can work on making healthier choices of each type of food.

## Protein

- chicken or turkey (without the skin)
- fish such as tuna, salmon, cod, or catfish
- other seafood such as shrimp, clams, oysters, crab, or mussels
- lean cuts of beef and pork such as sirloin or pork loin
- tofu, eggs, low-fat cheese







### Milk

- skim, 1/2%, or 1% milk
- low-fat or fat-free yogurt
- plain soy milk

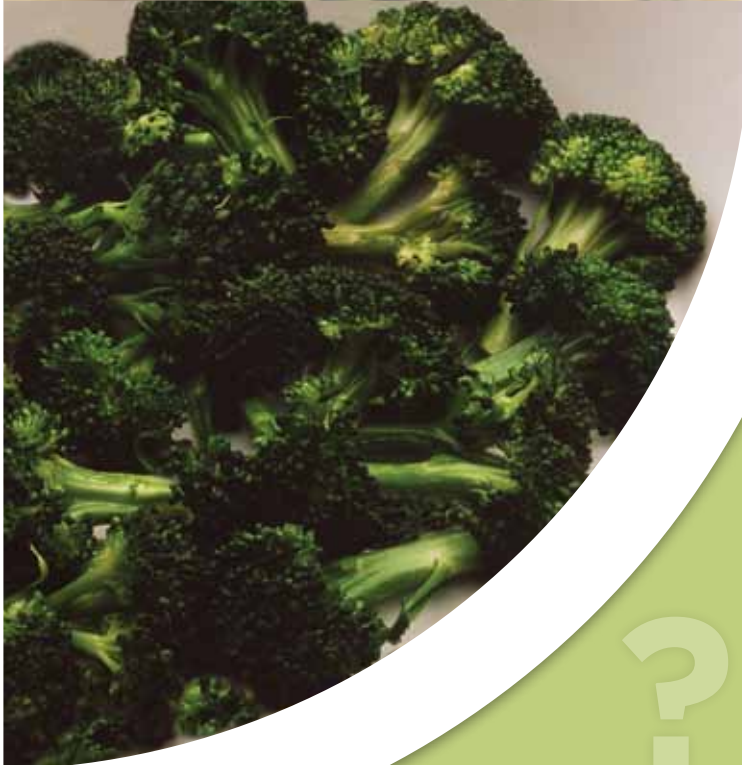
### Fruit

- fresh, frozen, or canned in juice or light syrup
- peach, pineapple, banana, apple, pear, mango, grapes, berries, melon, papaya, apricot, orange, grapefruit



### Non-Starchy Vegetables

- fresh, frozen, or canned
- spinach, carrots, lettuce, greens, cabbage, bok choy, green beans, broccoli, cauliflower, tomatoes, vegetable juice, salsa, onion, cucumber, beets, okra, mushrooms, peppers, turnip



### How Deep?

For the plate method, your food can be piled about the thickness of a deck of cards or the palm of your hand.

# Veggie Chili

(From *Healthy Calendar Diabetic Cooking*, p. 350)

**Serves 8:** Serving size 1 cup

**Prep Time:** 15 minutes

## Ingredients:

- 1 tablespoon canola oil
- 1 medium onion, chopped
- 4 carrots, sliced
- 1 green bell pepper
- 1 zucchini, chopped
- 2 garlic cloves, minced
- 1 tablespoon chili powder
- 1 16-ounce can kidney beans, rinsed and drained
- 1 16-ounce can black beans, rinsed and drained
- 1 15-ounce can tomato sauce
- 2 14.5-ounce cans no-salt-added diced tomatoes with juice

## Directions:

1. Heat oil in a large soup pot over medium-high heat.
2. Add onion and carrots and sauté 5 minutes. Add green pepper and zucchini and sauté another 2 minutes.
3. Add garlic and sauté 30 seconds. Add chili powder and all remaining ingredients; bring to a boil.
4. Cover, reduce heat, and simmer 30-35 minutes or until the vegetables are tender.

**Dietician's Tip:** The beans and veggies in this dish make it a great source of fiber, with 10 grams per serving. You should aim to get 20-35 grams of dietary fiber daily.

## Exchanges:

- 1 Starch
- 1/2 Fat
- 3 Vegetable

## Nutrition Facts:

Serving size 1 cup

Amount Per Serving

Calories 179

Calories from Fat 24

Total Fat 3 g

Saturated Fat 0 g

Cholesterol 0 mg

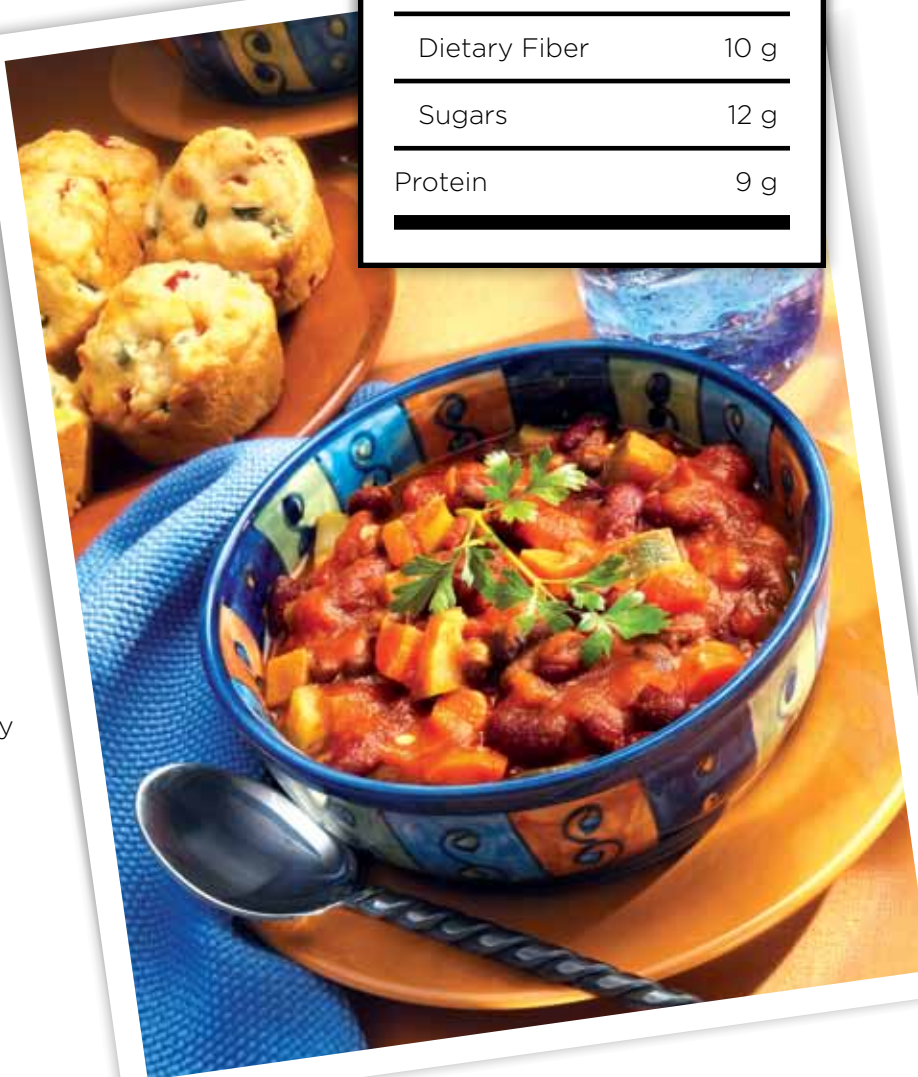
Sodium 492 mg

Total Carbohydrate 33 g

Dietary Fiber 10 g

Sugars 12 g

Protein 9 g



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# Fish Fillets with Lemon Parsley Topping

(From *15-Minute Diabetic Meals*, p. 145)

**Serves 4:** Serving size about 4 1/2 ounces cooked fish and 1 tablespoon parsley mixture

## Ingredients:

- 4 6-ounce lean white fish fillets (such as tilapia, snapper, or flounder), rinsed and patted dry
- Paprika to taste
- 1/4 cup extra virgin olive oil
- 1/2 teaspoon grated lemon zest
- 2 tablespoons finely chopped parsley
- 1/4 teaspoon dried dill weed
- 1 medium lemon, halved

## Directions:

1. Preheat oven to 400°F.
2. Line a baking sheet with foil, coat foil with cooking spray, arrange the fillets on foil, and sprinkle evenly with the paprika. Season lightly with salt and pepper, if desired. Bake 10 minutes or until fish is opaque in center.
3. While fish is cooking, combine the remaining ingredients, except lemon halves, in a small mixing bowl and set aside.
4. Using a slotted spatula, remove the fish, place on four dinner plates, and squeeze lemon juice evenly over all. Top with parsley mixture.

## Exchanges:

- 5 Lean Meat
- 1 1/2 Fat

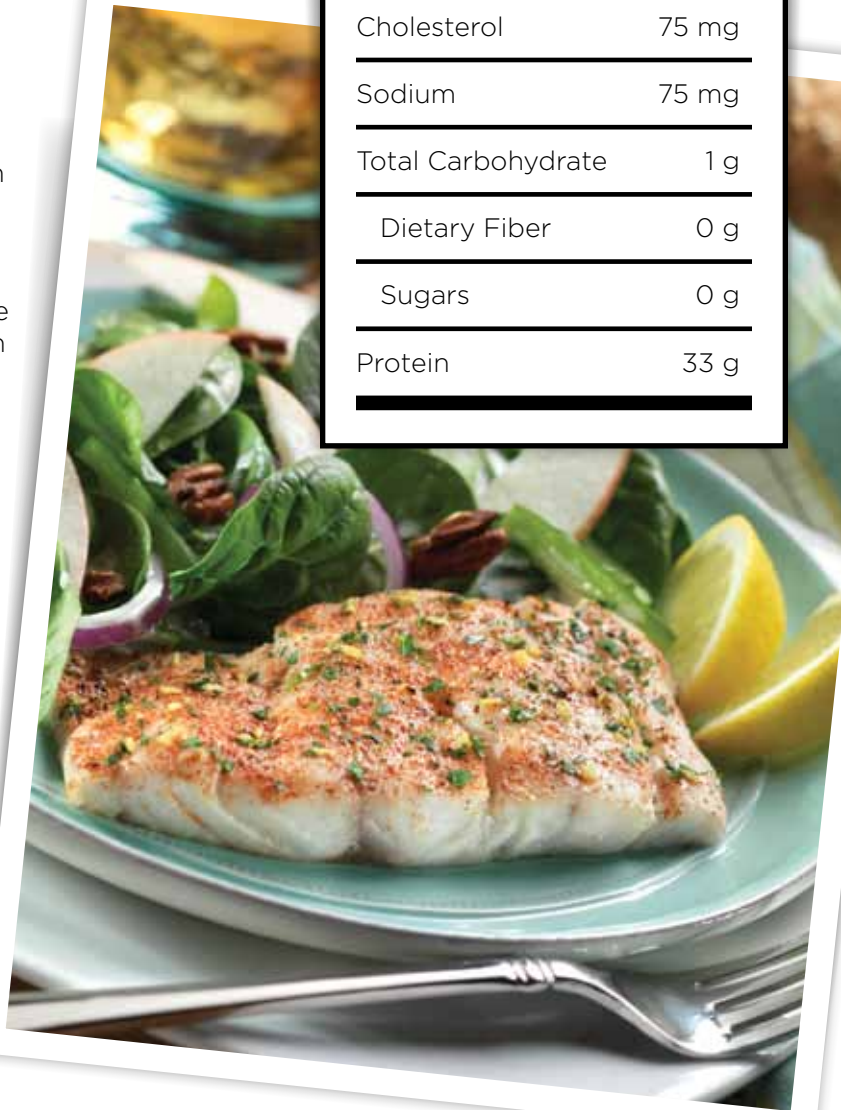
## Nutrition Facts:

Serving size about 4 1/2 ounces cooked fish and 1 tablespoon parsley mixture

### Amount Per Serving

Calories	285
Calories from Fat	155
Total Fat	17 g
Saturated Fat	3 g
Trans Fat	0 g
Cholesterol	75 mg
Sodium	75 mg
Total Carbohydrate	1 g
Dietary Fiber	0 g
Sugars	0 g
Protein	33 g

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# Jambalaya-Skillet Style with Smoked Turkey Sausage and Chicken

(From *The Heart-Smart Diabetes Kitchen*, p. 156)

Jambalaya is a Creole dish of Spanish and French influence. Turmeric gives this version a brilliant yellow hue.

**Serves 4:** Serving size 1 1/3 cups

## Ingredients:

- 2 tablespoons canola oil, divided
- 1 1/2 cups smoked turkey sausage, thinly sliced
- 1/4 lb boneless, skinless chicken breast, cut into bite-size pieces
- 1 cup chopped red bell pepper
- 1 cup chopped green bell pepper
- 1/2 cup chopped onion
- 1 medium celery stalk, thinly sliced
- 1 1/4 cups water
- 3/4 cup quick-cooking brown rice
- 1/2 lb peeled, deveined raw shrimp
- 2 dried bay leaves
- 1/2 teaspoon dried thyme leaves
- 1/8 teaspoon ground turmeric (optional)
- 2-3 teaspoons Louisiana-style hot sauce
- 1/2 teaspoon salt

## Directions:

1. Heat 1 teaspoon canola oil in a large nonstick skillet over medium-high. Add sausage and cook 3 minutes. Remove from skillet and set aside.
2. In the same skillet, heat another 1 teaspoon canola oil, add chicken, and cook 2 minutes, stirring frequently, until pieces are no longer pink. Add another 1 teaspoon canola oil; cook peppers, onion, and celery 4 minutes or until onions are translucent. Add water and bring to a boil over medium-high heat. Stir in rice, shrimp, bay leaves, thyme, and turmeric. Return to a boil, reduce heat, cover tightly, and simmer 10 minutes.
3. Remove from heat. Add sausage, remaining 1 tablespoon canola oil, hot sauce, and salt. Cook uncovered 2 minutes to thicken slightly but retain a moist, saucy texture. Remove bay leaves. Serve with additional hot sauce, if desired.

## Exchanges:

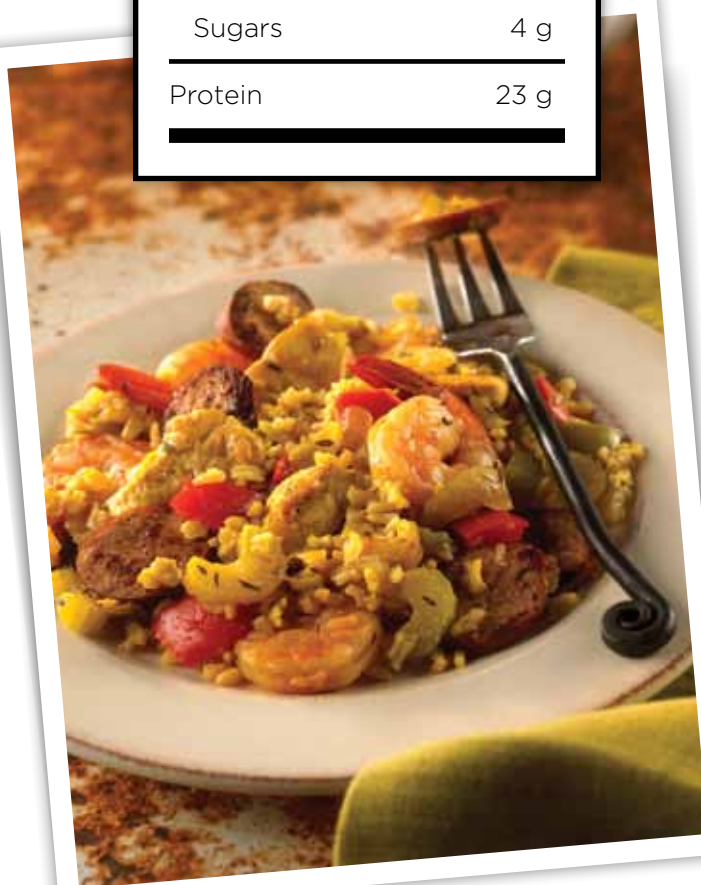
- 1 starch
- 3 lean meat
- 1 vegetable
- 1 1/2 fat

## Nutrition Facts:

Serving size 1 1/3 cups

### Amount Per Serving

Calories	305
Calories from Fat	110
Total Fat	12 g
Saturated Fat	2.4 g
Trans Fat	0 g
Cholesterol	130 mg
Sodium	805 mg
Total Carbohydrate	23 g
Dietary Fiber	2 g
Sugars	4 g
Protein	23 g



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# Veggie Lasagna Roulades

(From *Healthy Calendar Diabetic Cooking*, p. 240)

**Serves 8:** Serving size 2 roulades

**Prep Time:** 40 minutes

## Ingredients:

- 1 pound lasagna noodles
- 1 cup fat-free ricotta cheese
- 1/4 cup grated Parmesan cheese
- 1 tablespoon dried parsley
- 1 egg
- Cooking spray
- 1 cup mushrooms, finely diced
- 1 medium zucchini, finely diced
- 2 tomatoes, seeded and finely diced
- 3 garlic cloves, minced
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 16-ounce jar marinara pasta sauce

## Directions:

**1.** Preheat oven to 350 degrees. Cook lasagna noodles according to package directions, omitting salt. Drain. Lay out noodles on wax paper.

**2.** In a medium bowl, mix ricotta, Parmesan cheese, parsley, and egg. Set aside.

**3.** Coat a large nonstick skillet with cooking spray. Sauté mushrooms, zucchini, tomato, and garlic over high heat for 5-7 minutes. Remove from heat and let it cool.

**4.** Fold vegetables into cheese mixture. Add salt and pepper. Heap 2 tablespoons cheese mixture at the end of each noodle.

**5.** Starting at the cheese mixture end, roll noodle to the other end. Secure with a toothpick. Repeat for remaining noodles.

**6.** Coat baking dish with cooking spray. Place roulades side by side in the dish. Pour sauce over roulades and bake for 20 minutes.

**Chef's Tip:** This recipe is a fun twist on regular lasagna.

## Exchanges:

- 2 Starch
- 1 Lean Meat
- 2 Vegetable

## Nutrition Facts:

Serving size 2 roulades

Amount Per Serving

Calories 254

Calories from Fat 25

Total Fat 3 g

Saturated Fat 1 g

Cholesterol 40 mg

Sodium 339 mg

Total Carbohydrate 44 g

Dietary Fiber 4 g

Sugars 9 g

Protein 14 g



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# Sweet and Spicy Chicken and Snow Peas

(From *15-Minute Diabetic Meals*, p. 149)

**Serves 4:** Serving size 1 1/2 cups

## Ingredients:

- 1 pound boneless chicken breasts
- 1 cup presliced peppers and onions, or 1/2 cup sliced peppers and 1/2 cup sliced onions
- 1 cup matchstick carrots
- 6 ounces fresh or frozen and thawed snow peas
- 1/4 cup lite soy sauce
- 2 tablespoons cider vinegar
- 2 tablespoons sugar, or pourable sugar substitute
- 1/8 teaspoon dried red pepper flakes
- 1 tablespoon sesame seeds, toasted (optional)

## Directions:

1. Place a large nonstick skillet over medium-high heat until hot. Coat the skillet with cooking spray, add chicken, and cook 2 minutes or until no longer pink in center, stirring constantly. Set aside.
2. Recoat the skillet with cooking spray; add the peppers, onions, carrots, coat vegetables with cooking spray, and cook 3 minutes, stirring occasionally. Add the snow peas, coat with cooking spray, and cook 2 minutes or until tender crisp. Add the chicken and toss.
3. Meanwhile, combine the remaining ingredients, except the sesame seeds, in a small bowl.
4. To serve, place equal amounts of the chicken mixture in four shallow bowls. Spoon equal amounts of the soy mixture over each serving and sprinkle evenly with sesame seeds.

## Exchanges:

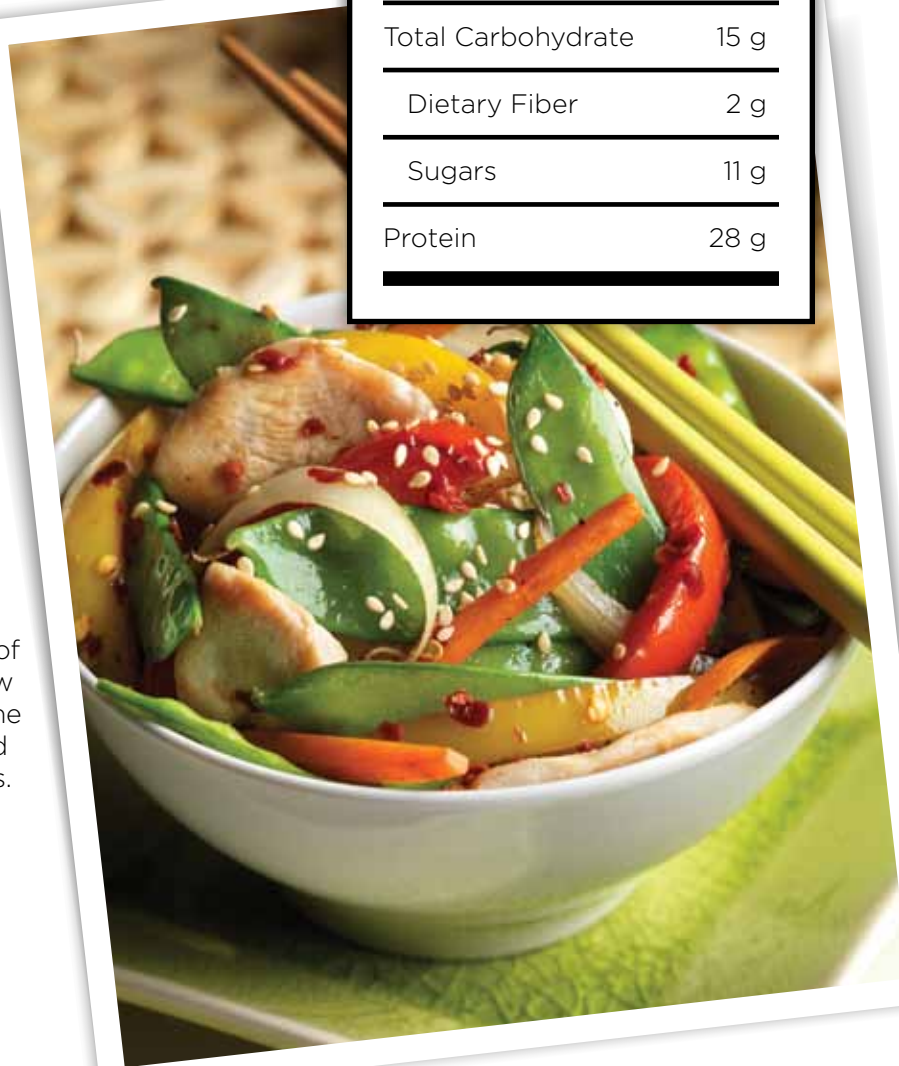
- 1/2 Carbohydrate
- 1 Vegetable
- 3 Lean Meat

## Nutrition Facts:

Serving size 1 1/2 cups

### Amount Per Serving

Calories	200
Calories from Fat	25
Total Fat	3 g
Saturated Fat	0.8 g
Trans Fat	0 g
Cholesterol	65 mg
Sodium	650 mg
Total Carbohydrate	15 g
Dietary Fiber	2 g
Sugars	11 g
Protein	28 g



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# Tiramisu

(From *Healthy Calendar Diabetic Cooking*, p. 287)

**Serves 16:** Serving size 1/2 cup

**Prep Time:** 35 minutes

## Ingredients:

- 1 cup cold water
- 1 1-ounce package sugar-free vanilla instant pudding mix
- 1/2 cup powdered sugar
- 12 ounces light cream cheese
- 8 ounces fat-free whipped topping
- 1 cup cold water
- 2 tablespoons instant coffee granules
- 24 ladyfingers
- 3 tablespoons unsweetened cocoa, divided

## Directions:

1. In a medium bowl, combine cold water, vanilla pudding mix, and powdered sugar and stir with whisk. Chill 20 minutes.
2. Add cream cheese to pudding mixture and beat with a mixer at medium speed until well blended.
3. In a small bowl or mug, mix hot water and coffee granules.
4. Split lady fingers in half lengthwise. Arrange 16 ladyfingers halves flat side down in a trifle or large glass bowl. Drizzle lady fingers with coffee. Spread 1/3 of the pudding mixture over the ladyfingers and sprinkle with 1 tablespoon cocoa. Repeat layers, ending with cocoa.
5. Cover and chill 4 hours or longer.

**Dietician's Tip:** You can still enjoy any dessert if you have diabetes...just enjoy it in moderation! This one is beautiful served in a trifle bowl.

*The ADA recommends eating only a small amount of saturated fat every day. This recipe is higher in saturated fat, so try to balance it by eating foods low in saturated fats at your other meals today.*

## Exchanges:

- 1 Fat
- 1 Carbohydrate

## Nutrition Facts:

Serving size 1/2 cup

Amount Per Serving

Calories 136

Calories from Fat 46

Total Fat 5 g

Saturated Fat 3 g

Cholesterol 24 mg

Sodium 193 mg

Total Carbohydrate 19 g

Dietary Fiber 0 g

Sugars 11 g

Protein 3 g



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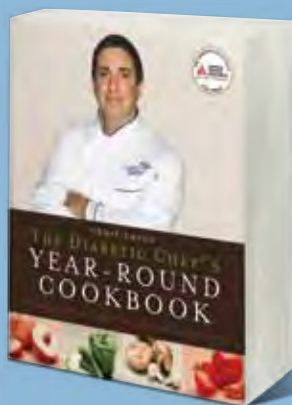
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